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Our guest is
Shankar Vedantam,

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the bestselling author and host of the popular "Hidden Brain" podcast and public-radio show. He joins us to discuss his book, "Useful Delusions: The Power and Paradox of ...

"Useful Delusions: The

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**Power and
Paradox of the
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caused by essential tremor, freelancer Jerry Butler underwent deep brain stimulation at UAMS Medical Center. Today, in part one of a three-part series, he explains ...

Exhausted by tremors, Arkansas writer

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**decides to
undergo deep
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surgery at UAMS**

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about a Black girl
with ... I am not.
Pink is my power
color. I love it, pink
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my divine

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**PC Gamer plays:
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Book, Final
Fantasy 14,
Chicken Police**

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Until my brain loses its creative power, I'll continue to strive to create things," Kojima said alongside sharing a selfie of himself. "That's my instinct, and that's what I love to do.

**Hideo Kojima
Will Keep Making
Things "Until My**

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Brain Loses Its Creative Power"

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studied the habits of men and women who epitomize healthy aging; and applied what they describe in their own lives. The resulting guidance; along with the accompanying downloadable Brain Sync audio program; can help you activate

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brain's potential. Concerns about memory and other thinking skills are common, particularly in middle age and beyond. Due to worries about declining brain health, some seek out dubious products or supplements

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has uncovered a
clear- cut set of
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Scientists are

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predicting that within 8 years, brain disease will kill or disable more people than cancer and heart disease combined. Given this shocking new research, we urgently need to know how to protect and improve our brain health. In Boost

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Michelle Schoffro
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around with her
prescriptive—and
proven—plan.
Several years ago,
Dr. Cook was in a
terrible car
accident in which
she suffered a
brain injury,

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resulting in

cognitive

impairment, partial
paralysis in her left
arm, and severe
migraines. Utilizing
her expertise in
natural medicine,
Dr. Cook developed
a program that
improved her
memory, cured her
migraines, and
reversed her arm

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paralysis. After her recovery, she continued to research natural methods to improve memory, reduce memory loss, and prevent degenerative brain diseases. Boost Your Brain Power in 60 Seconds an easy, customizable,

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